Whole Body Vibration in Agriculture

Whole Body Vibration (WBV) occurs when the shaking motion of a vehicle is transmitted through the body of the operator.

The vibration energy from the vehicle is transferred to the operator through the FEET, SEAT or BACKREST.

WBV can come from any vehicle on which you sit or drive.

Some examples of farm vehicles include ATVs, trucks, and tractors.

Health Effects of WBV:

- Muscle fatigue and cramping
- Speech interference
- Disruption of balance and perception
- Increased heart rate and blood pressure
- Increased breathing rate
- Low back pain and damage to the spine

Best practices for preventing WBV:

1. Perform routine maintenance on vehicle and seat suspensions
2. Consider retro-fitting suspension seats for older vehicles
3. Ensure seat suspension system is adjusted for body weight
4. Reduce vehicle speed over rough terrain
5. Rotate workers for tasks with continuous vehicle operation or take breaks

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